



Kitchen Nuggets

February 2015

INSPIRE, EQUIP AND ENRICH

IN THIS ISSUE

Who remembers 1989 and Marty McFly?

2015 is the year that Marty McFly visits in *Back to Future II*. The movie made some predictions about what the future would be like. According to a few movie buffs, here are a few rights: Flat screen TV's mounted on the wall, video games that don't require hands, and thumbprints to make payments (think, iPhone 6). Here are a few that are wrong: Rehydrated pizza, flying cars, and Cubs winning the World Series. Ok, so I know that it is early to say the Cubbies won't win in 2015 – but, the chances are not looking too good. Quick contest...the first person to email or bring in their VHS copy of *Back to the Future* or *Back to the Future II* movie to me, wins a prize. No DVD, I want to see who still has a VHS.

So this is what I remember about 1989...please take note that I turned 20 years old that year and had not a care in the world... I remember getting perms, using Rave hairspray, wearing Guess jeans, listening to Paula Abdul, and wanting desperately to look like Andie McDowell. What do you remember?



LOVE our Garden Chicken Salad



Food Safety and Sanitation

Being a foodservice manager isn't easy. You have responsibilities to your operation, to your employees and to your customers.

- Employee Corner
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Days to look forward to:

February:

Valentine's Day: February 14th

Presidents Day – No School: February 16th

Kindergarten Round Up: February 19th

March:

ISTEP Week: March 2-6th

National School Breakfast Week: March 2-6th

Daylight Savings Begins: March 8th

St. Patrick's Day: March 17th

Makeup Snow Day: March 20th



Food Safety and Sanitation

Why can't I wear my jewelry in the kitchen?

It is a question that is often asked and one that I will gladly explain. We prepare and serve over 4,500 school lunches almost every day. Those lunches are purchased by my children, your children, your grandchildren, and your friends' children. These children deserve to have their lunch prepared under the strictest of health codes and by the highest of standards. One reason we will not let you wear your jewelry is because jewelry contains many grooves and unsmooth surfaces. The grooves in that jewelry can hold skin oil, dirt, and bacteria. No one wants our food to come in contact with that. Another reason for not wearing jewelry is the possibility of losing a gem stone or other piece of the jewelry in the food prepared. No one wants to find those in their food either.

RAISE THE BAR

ACCEPT THE CHALLENGE

So why not necklaces...why can't I wear one of those?

In the daily kitchen operation, generally necklaces would not come into contact with food like a bracelet, watch, or ring would. However, a necklace has the potential to get caught in the kitchen equipment. This could create a hazard to you and it could also cause for the necklace to break, where potential physical hazards are now in the food.

We cannot stress how important we take food safety seriously. We have high standards and we applaud each one of you for agreeing and following these high safety standards each day. Your students deserve nothing but the best from your kitchen; after all, it could be your child I AM feeding.

Here are the hard working ladies at WCHS with their much deserved 2013-2014 Silver Spoon Award. Keep up the fantastic job, you are all awesome!



Employee Corner

EXCITING NEWS



Tied the Knot!

Congratulations to Sherry Koehlinger on her marriage this fall!

Sherry and Gerhard were married on Oct 25th. After a quick honeymoon in Northern Indiana, Sherry and Gerhard have been enjoying married life.

I know we have more good news to share with our food service family. This is your corner! Please send me any information that we can share. We want to know more about you! We want to share your joys, your bright spots, your accomplishments and your ideas!

Ask the Director...

Do you have a question in regards to the National School Lunch/Breakfast program that you need an answer to? Another feature of our future newsletters will contain a question/answer format with our Director, Marci Franks. Questions can be emailed to me or if you want to remain anonymous, you can send inner-school mail. We cannot have this section without you, so please send in your question.

Employee Wellness

The cold and flu season is here! Here are a few tips to help stop the spread of these germs.

To help stop the spread of germs,

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and warm water for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub.

Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

Clean your Hands

after coughing or sneezing.

Wash hands with soap and warm water

or clean with alcohol-based hand cleaner.

Celebrity Chef

I can make a mean Goulash and a pretty good Kitchen Sink Salad. What can you make? Do you have a recipe that is requested at every family gathering? Something that you are famous for and no one else can make it like you? If so, I need you. Like the flowers need the rain, I need you. If you have a couple minutes to write out your quick story and recipe, I want to get you published in our newsletter. Don't feel like writing, give me a call – I will type it up for you, lickety split.

No one wants my goulash recipe, SO DON'T BE SHY!

If you don't have a recipe but want to share a vegetable garden tip or a home kitchen organization tip, please do!

While we are waiting for you to submit your ideas, please enjoy these recipes from my kitchen. As mentioned – no one wants my goulash recipe, so here are a few other treats to try.

The Parmesan Potato Halves are one of our favorites and so easy to make.



Parmesan Potato Halves



I love – love- love these potatoes. Oh- my-gosh, they are so easy to make and delish. You can use real parmesan cheese or the stuff from the green can. Either one works great. Give them a try; you will make them again because they are so easy and yummy.

Ingredients

- 6 Small potatoes scrubbed and cut in half (long ways)
- ¼ cup of butter. (use the real stuff)
- Parmesan Cheese
- Garlic Powder
- Salt/pepper or other personal preference seasoning
- Sour Cream

Instructions

Preheat oven to 400 degrees

Melt butter and pour into a 9x13 inch pan and spread evenly across the bottom. HINT: I just put the stick of butter in my pan while the oven is pre-heating – works just fine)

Generously sprinkle parmesan cheese and lightly sprinkle other seasonings all over the butter.

Place potato halves face down on the butter and seasonings.

Place in preheated oven and bake for 40 to 45 minutes. Cool for at least a FULL 5 minutes before removing from the pan, otherwise the parmesan crust won't stick to the potato. Serve on a plate with a side of sour cream for dipping.

Recipe Exchange



Mocha Coconut Protein Shake

Here is another favorite at my house. This is so easy to make in the morning. I add just a touch of Chocolate syrup for sweetness though.

- 1 scoop Chocolate whey protein powder (*I use Designer Whey*)
- 1 Cup of Vanilla Coconut milk
- 1 Packet of Starbucks Via: Columbia
- ½ tsp of Coconut Extract
- Ice

Put all ingredients into your blender, mix and enjoy!

Kitchen Nuggets

[Street Address]
[City, ST ZIP Code]

[Addressee]
[Street Address]
[City, ST ZIP Code]